AN INTERESTING SYMPOSIUM. Outdoor Exercise and Wholesome

HABITS AND GOOD HEALTH.

Food.



ARGE NUMBER of distinguished American venerables were recently invited to describe their health and habits in youth and maturity, and to give the reasons to which they primarily ascribed their healthy old age. Their answers follow, and constitute a most instructive symposium on a subject of great and perma-

David Dudley Ffeld, who is aged eighty-eight, said of himself: "There is little to be said about my health and mode of life, except that I was endowed with a strong con-stitution, and never abused myself with tobacco or strong drink, worked hard, and strove with all my might for what I thought right, regardless of what others thought. In college, and for years afterwards, I was subject to headach?, but in 1846 I took to riding, and every week-day afterwards, when the weather permitted, i was in the saddle at 7 o'clock, and rode till 8. Then I breakfasted and went to my daily work in court. After court, I worked at law reform until dinner. After dinner I ever, and went to work again in my library, unless some public meetings, which in war days, and even before and after, followed closely one another, demanded attention, and perhaps a speech. Such was my laily life until six or eight years ago, when I retired from practice. Two years and a half ago I had a severe illness, caused by severe heart trouble, but my vitality and a good doctor brought me through, and I am now, though eighty-eight years old, as well in eighty-eight years old, as well in mind and body as I ever was, except that I cannot endure fatigue as I once could. But I am always engaged in something, and enjoying my ripe old age."



Rev. Edward Beecher-Ninety. I was strong and healthy in my youth, never had any protracted sickness, and spent most of my time in the open air. My health was naturally produced in my youth by good, plain, well-prepared food three times a day, and plenty of exercise. As I advanced in life I was careful to con-tinue the healthy habits of life in which I was educated. My recreations in recent years have been long walks, exercise by dumb bells and elastics, and the daily use of the flesh brush, a custom I have kept up unfallingly for at least thirty years. Through life I have slept from eight to nine hours. In recent years I have required longer time for rest and sleep. I ascribe my healthy old age to good, simple food at regular times, plenty of exercise, and an absolute avoidance through life of tobacco and stimulants in every form, and a conscientious regard to moral duty.

Wilford Woodruff, who is president of the Mormon Church—eighty-four, said:

"I was strong in youth, passing most of my time in open air. My diet consisted of plain food, New England style. In recent years I have not particularly changed my habits, excepting that I do not work so hard, but I work all the same. I may here say that the Woodruff family, dead and alive, so far as my knowledge extends, were and are noted as long-livers and hard workers. Since attaining my majority I have never had time for recreations.

and are noted as long-livers and hard workers. Since attaining my majority I have never had time for recreation, but have always found something to do which I thought required my individual attention. I now sleep about eight hours, always retiring early. I eat three times a day, and of meat sparingly, especially in summer. I ascribe my healthy old age to an honest, industrious and active out-door life, and temperate living, having aimed all my days to be temperate in all things; together with a good constitution, without having contracted any pernicious habit or addicted myself to the use of intoxicants, tobacco, or stimulants of any kind, including hot drinks, such as tea and coffee; also to the favor ard blessing of Almighty God."



Cassins M. Cary-Eighty-three. T was born of healthy and temperate paents and was a robust child, and most of my time was spent in the open air. I think kinds of athletic plays; fishing and hunting were life pleasures. In the daytime I and father slept outdoors. As old age approached, I subjected all my habits to reason, eating and sleeping more regularly, selecting wholesome food and avoiding excesses of all wholesome food and avoiding excesses of all sorts, eating less at night especially. I have indulged in but few stimulants, not using spirits, tea or coffee habitually, and tobacco never. I will be eighty-three on October 19 next, and can hardly say that I have changed any of my habits absolutely. I sit under trees, hold communion with flowers, trees and birds. I read much; my favorites are of the school of Burns and Dickens in light literature. I always required nine hours of sleep, and go over that now rather than fall below. Different persons require different times of sleep; they can no more sleen as others than shoot. My father, Green Clay, never allowed his children to be aroused from slumber, but left the time to nature. All animals incline to sleep after eating, yet night is an unsafe time to eat too much or unsafe food. The gastric juices act on the night is an unsafe time to eat too much or unsafe food. The gastric juices act on the outer masses of the food and the interior ferments, &c. The Spaniards well said fruit was golden in the morning, silver at noon and lead at night! I assign my healthy old age to a life spont in the open air. It is not the night air which hurts, but the foul air of close recons, when the oxygen is exhausted and foul elements left in place. I have a full suit of white hair—I rarely wear a hat. I excelled in most athletic sports of my times—running, wrestling, scuffling, bandy, bose hall, tumping, dancing, riding on horseback, hunting, fishing and all that. Modern athletics, dependent upon "training." I think a great mistake. The animal force should be regularly and judiciously developed and sustained. Most persons set me down as probably reaching 100 years! But I can hardly hope for that."

TO REACH OLD AGE.

As to food, I use cold water and coffee with a great deal of milk for drink. Through life I have practiced total abstinence from wine or spirits, except as medicine. A good rule for eating was Dr. Hale's to his students: 'Eat as much as you choose, if you do not look at your tongue afterward.' Many meals, not heavy, are better than a few which are heavy. I ascribe my healthy long-lived ancestors. The constitution of my father's family seems indicated in the word Hale, which is our name."

AN INTERESTING SYMPOSIUM.

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of the Navy-Eighty-four. "I attribute the present condition of my health to a combination of causes. I have always led a temperate life, and, therefore, none of my physical faculties have been impaired by excesses either in eating or drinking. In early life I was an excessive chewer of tobacco, but fearing its effect upon my nervous system and digestive organs abandoned the practice over fifty years ago and have never taken a single chew since. But I have been an incessant cigar smoker for over lifty years and still am—not permitting much time to elapse between cigars between breakfast and bedtime, which is, ordinarily, from 11 to 12 o'clock. I am careful in the selection of cigars, so that they shall not be strong, and consequently those I smoke are mild. My nerves have not been in the least degree impaired by this habit. They are as steady as they ever were. Nor has smoking ever influenced my appetite or digestive organs injuriously. As to the latter they are still perfect, and the consequence is that my food readily digests and assimilates—but there is this to be said upon that subject, that I take care to eat only such food as I have learned from experience will produce these results. I ascribe the present condition of my health not alone to the regularity of the habits I have explained, but in a very large degree to a practice I have steadily pursued for perhaps forty years. This is thorough rubbing with horse hair gloves and a back strap for about twelve or fifteen minutes every morning. This I never suffer anything to interfere with, unless traveling upon the cars or away from home, and I attribute the present condition of my general health far more to it than to any other one cause—or to any other several causes combined. It keeps the pores of my skin open—the skin itself in healthy condition—equalizes the circulation—and these causes combined keep the digestive or any healthy. I seldom be to the the present condition of the bestive or any healthy. I seldom be to the the present condition healthy to the circulation and these causes combined keep the digestive or any healthy. I seldom be to the the present condition of the present condition of the present condition of the present conditio been impaired by excesses either in eating or drinking. In early life I was an exmy skin open—the skin itself in healthy condition—equalizes the circulation—and these causes combined keep the digestive organs healthy. I seldom bathe by laying down and soaking in warm water, having been long convinced that this habit is enervating to me. I wash, however, in tepid water, sufficiently often to keep my skin cleansed, and this always just before going to bed. This causes me to sleep soundly, but I do not feel its effects in any other way until after a thorough rubbing soundly, but I do not feel its effects in any other way until after a thorough rubbing in the morning, when it greatly exhilarates me. All my habits are fixed, because they have been formed with reference to my own health. I drink a glass of cool water upon going to bed, and another when washing, which I do the same way every morning, by opening my eyes in tepid water and pouring the same number of mugsfull upon the back of my head. I drink a pint of Saratoga (Congress) water every morning when sitting down to breakfast, and therefore never have any trouble with my bowels."





When young I took the childish diseases severely, but came through them without unfavorable sequels. We were simply brought up, in a household neither poor nor rich. In recent years my favorite recreation has been to go out of doors, into the midst of nature's work, as one nees it in the undefiled country. I sleep nine hours at night and one in the middle of the day.

Ilives; not one of them other than sober men and women in full communion with Friends, brothers and sisters. My life has been impaired by excesses either in eating theirs, but equally suber, abstaining allowing theirs, but equally suber. Briends, brothers and sisters. My life has been impaired by excesses either in eating theirs, but equally suber, abstaining allowing theirs, but equally suber. Briends, brothers and sisters. My life has been impaired by excesses either in eating theirs, but equally suber. Briends, brothers and sisters. It gives the represent provise of concerts and plays in progress.

From Puck.

Dickey Dolt.—"Fweddy is ambwidex:

The dual interpolated old Jardin des ports of concerts and plays in progress.

Paris, lies the dilapidated old Jardin des ports of concerts and plays in progress.

Planted.

From Puck.

Cholly Chapp.—"Ya-as?"

Cholly Cha

"I was strong and healthy in my youth, and spent much time in fishing and hunt-ing, but was always temperate and kept the Sabbath. I have made no change in my habits in recent years, except that I have more time now to play and fish and hunt more than ever at the age of seventy-two. I sleep eight hours a day, have always been careful about my food and enjoy simple diet the most. I ascribe my healthy old age to a cheerful disposition, good constitution and plenty of outdoor exercise and recreation, but, above all, to faith and trust in God and the keeping the Sabbath holy."

F. Nicholis Crouch—Eighty-Rve.

"From youth to old age I have been strong and healthy, the result of mental energy, activity of body and muscular ex-ercise. I now sleep six hours daily and en-joy two hearty meals, but never eat between meals. It is the abuse of food that gives rise to bodity suffering. The indulgence of 'dram drinking,' aquae fortis by the gill swallowed neat, and to increase the decomposition of the liver and digestive organs, gobbles a glass of ice water to wedge it down for certain destruction. Never suborn self, will or desire to satisfy the cravings of appetite. I act as engineer to my body. When inclined to be feverish I slacken speed; if weakened by exertion I turn off on a side track, let off all propelling power and rest till sense tells me the machine is again it. working order."

George W. Jones—Ninety-three. tween meals. It is the abuse of food that

George W. Jones-Ninety-three. "I ascribe my healthy old age to having always taken a great deal of exercise in the open air, to having always lived sparingly and to not having overslept myself." Calvin Fairbank, Noted Abolitionist-

Seventy-three. "I was born of strong, hardy parents, whose ancestry for several generations were remarkably hardy. I spent most of my youth in the open air, and so did my ancestry. My constitution being good, my conditions were favorably inphysical conditions were favorably influenced by plain, wholesome foods free open air by day and airy room by night. I made no particular change in my habit of living during latter years, excepting never to eat but twice a day, and nothing between meals, or when very tired, and never to bathe in cold water when either hungry, plethoric or tired. I formerly slept eight hours in summer and nine in winter. Now I sleep nine in summer and ten in winter. I ascribe my constitutional integrity to inheritance (no one plants thisties to raise peaches), vigorous exercise in the open air, simple food, plenty of rest, cheerfulness and a good, clear conscientiousness."

Richard Oglesby—Seventy.

"As a child I was strong and healthy and spent all of my waking hours in the open air. As a consequence I ate everything I could lay my hands on and often went to bed hungry. In my old age I still eat and drink all I can get, never miss a meal; and sleep every spare hour I can find for that purpose. War, politics and office holding have been my chief recreations in recent years. I ascribe my robust old age to good luck, a good appetite and good digestion."

Frederick Douglass-Eighty-four. "I was strong and healthy in youth and spent the greater part of my time in the open air-chiefly at hard manual labor. I now sleep seven hours and eat moderately three times a day. I assign my healthy old age to a good constitution, correct habits and devotion to a great cause."

Harry Watkins-Seventy. "Cleanliness is akin to Godliness. At twenty-five years of age I had an attack of dyspepsia. After swallowing the pre-scriptions of several celebrated physicians resolved to 'throw physic to the dogs' I resolved to 'throw physic to the dogs' (of course they had too much sense to take it), and by a proper course of dieting speedily recovered from the result of uncongenial food. After my recovery I abjured all drugs and confined myself to water, never failing to wash myself from head to foot every morning, summer and winter, using the water at the temperature of the season. I cannot recall a prolonged illness of any kind. I have no fear of epidemics or contagious diseases, probably because my mother taught me not to fear death. Blessed at birth with a good constitution and healthy organization. I ascribe my free-

| The content of the

ALONG THE SEINE, walk along the stone parapet of the river. A TROPICAL ADVENTURE. open air junk stands of fascinating bric-abrac compete in interest with the tortu-

Which Separates the Two Ideals of
Paris Life.

Paris Life.

Paris Life.

Paris Life.

THE SECOND-HAND BOOKSTALLS.

Characteristic Scenes on the Two
Sides of the River.

AT THE RIVERSIDE RESORTS

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Special Correspondence of The Evening Star.

PARIS, France, August 12, 186.

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HE RIVER SIDIS MESSIDE MESSI

ous narrow streets, ancient and reeking Battling With the Surf on the Carib

curiosity and a love of nature, and most of the Spaniards know very little about it. Its future development is dependent upon Americans from the north, whose attention sugar.

Horsford's Acid Phosphate.

For a right good and lasting cool drink, take is full of rocks."

Little Jack—"Is it the cradie that was rocked in the deep, mamma?"

coanut culture in the fertile valleys and along the sea coast.

The Caribs, among whom we have spent ten interesting days, are believed to have originated in a shipload of African slaves wrecked on the coast many years ago. Formerly they inhabited the Bay Islands, but have since spread to the mainland. In Sculer's time spread to the mainland.

meriy they inhabited the Bay Islands, but have since spread to the mainland. In Squier's time, described in his "Watkna" or "Adventures on the Mosquito Shore," they had settlements at Brewer's lagoon, and even farther east, but have removed from there, and are now scattered in settlements from Black river to Belize. They have not intermarried with the Indians, and, unlike them, are increasing in numbers. intermarried with the Indians, and, unlike them, are increasing in numbers.

It is refreshing, after living among the improvident, filthy and immoral Waikas, to see how the Caribs, surrounded by the same conditions, have adapted the natural resources to their modest needs, and live in comparative cleanliness and comfort. How strange it seems in this out-of-the-way place to see hand sewing machines, dreased lumber, carpenter's tools, &c.

Limos, like all the Carib towns, is built of thatched houses surrounded by a dense grove of waving cocoanut palms. The roofs are very steep and are covered with cahoon leaves, which closely resemble those of the framework of poles with tough slender vines of the forest.

The walls of some of the houses are reader.

The partial and contains the Latin Quarters were well and the terminan of the property lock on an anchorn Partial and the property lock on the property lock

is now being attracted to banana and co-coanut culture in the fertile valleys and THE HOUSE WREN.

Something About His Habits, Domestie Traits and Value in Destroying Insects That Injure the Garden.

our dwellings and enliven our grounds, the house wren is one of the most interesting and the most original. What a fussy, flighty, fidgety little midget he is! Never at rest for a moment while there is a ray of daylight. Flying, fluttering, hopping, scolding, it would seem that his small body must soon be worn out by the fiery vehemence of people's eyes, for there is nothing small about him in his own estimation, and he cocoanut tree, and are bound upon the framework of poles with tough slender vines of the forest.

The walls of some of the houses are made of the same leaves, placed on end and tled to wild cane poles, while the better ones are clapboarded with slabs of the royal palm. The floors are of very hard yellow clay. One-third of the interior is partitioned off into a sleeping room, while the rest serves as a kitchen and sitting room. Many of the houses have detached kitchens.

Today I went to look at the wrecked boat. She was not over twenty feet long by five feet beam and had no deck. Not a particle of damage had been done to the hull, upon which the tar and paint seemed almost fresh, but one sail was split its whole length and the main mast was broken into three pleces. When she rolled over in the surf the masts must have struck bottom with force enough to break them.

One of her crew was standing near and when asked if any of the cargo had been lost he replied: "O, no sah! Didn't lose nothin' 'tall."

H. W. P.

CORDITE DISPLACES CLYMMANDER.

The walls of the forest.

The walls of some of the houses are made of twice his size. His feathered neighbors soon find out how much room he wants, and he usually inspires such respect us to insure him plenty of it. His physical courage is out of all proportion to the size of his body, and he fearlessly throws down the fagge of battle to all comers; indeed, should that arrant robber and coward. "otherwise notorious as the emblem of the Republic." venture too near the domicile of our minute friend, he would soon be put to ignominious flight, although the combat would be somewhat of the "bull and the bumble-bee" style.

Singing While in Motion.

In the matter of voice the wren is not so highly gifted as some other birds, but he does not suspect it himself, and missist upon singing all the time that he is in motion. However, his song is not unpleasant, and certainly is cheerful and suggestive of life and activity.

There is probably no bird that displayed to the cane of twice him can occupy more space than any other bird of twice his size. His feathered neighbors

life and activity.

